

## Families Making the Connection

### *Bite into a Healthy Lifestyle*

It's never too early to take steps toward a healthy lifestyle. National Nutrition Month® is around the corner in March. The 2015 theme, "Bite into a Healthy Lifestyle," encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

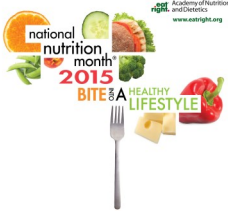
Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. This annual event reinforces the importance of developing sound eating and physical activity habits. Start planning now to celebrate with your family, at your child's school, and in the community:

- Ask your governor or mayor to proclaim March as National Nutrition Month (NNM).
- Work with a registered dietitian, chef and/or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote National Nutrition Month.
- Ask your local library to host a nutrition themed story time or display.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian (RD), nutrition tips and NNM info at [www.eatright.org](http://www.eatright.org).

## Menus for February 2015

[Insert name of Local Education Agency] Elementary Schools

				
Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27

## February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>